

Hand Washing



A Guide to Clean Hands

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Why should I wash my hands?

Take a minute and think about all the things that you have touched in the last 10 minutes. Now imagine how many items you have touched throughout the whole day. Hidden on each of those items are lots of germs which are transferred to your hands every time you touch something. Germs on your hands touch other things... food, your face...your mouth...other people and things. They can make you or someone else very sick. Wash your hands often to remove germs. Rinse and dry them completely. If you wash your hands the correct way, most of the germs will be gone.

When should I wash my hands?

Before...

- Eating or touching food
- Touching your eyes or mouth

After...

- Blowing your nose, coughing, or sneezing
- Touching an animal (including your pet)
- Playing
- Using the bathroom
- Being around someone sick
- Touching garbage
- Touching your hair or face



How do I properly wash my hands?

In order to properly wash your hands, you will need the following items:

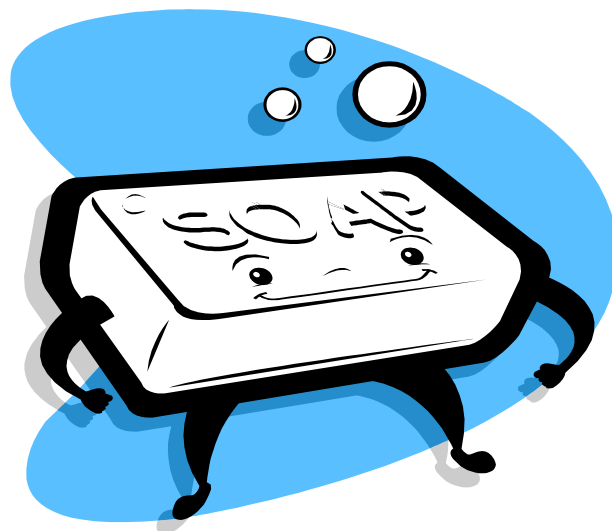
- ~ a running faucet (with warm water)
- ~ hand soap (liquid is preferred)
- ~ a clean towel (paper is preferred)

1. Turn on the faucet (using warm water).
2. Wet your hands with warm water and put the soap in your palm.
3. Rub your hands together with the soap and warm water for 20 seconds. You can sing the ABC's while rubbing your hands together to wash for right amount of time.
4. Scrub all surfaces of your hands, including the backs, palms, wrists, under fingernails, and between fingers.
5. Rinse your hands well for 10 seconds, under the warm running water.
6. Dry your hands with a paper towel.
7. Shut off water with a paper towel.

Tips for washing hands

We've all washed our hands hundreds of times, but maybe we aren't getting all the germs. Don't worry! Here are a few tips to remember next time you wash your hands. If you keep these things in mind, you will be an expert at killing germs!

- Use warm water not too hot, not too cold.
- Make sure you rub the soap all over your hands—the back of your hands, your wrists, between your fingers, and underneath your fingernails where germs like to hide.
- The faucet handle is dirty, so use a towel to turn the faucet off to avoid touching the handle once your hands are clean.
- Last but not least, don't forget to sing your ABC's to make sure you are washing your hands long enough.



The Hand Washing Experiment

Here is a neat experiment to try with your family and friends to find the best way to wash your hands! You will need at least two people for this experiment. It will only take each person about 5 minutes so make sure everyone takes a turn. It is important to find an area where you can reach both a sink and a countertop, like a kitchen. Once you find a good area, gather the following items:

Equipment ~ 1 Mixing Bowl ~ 1 Spoon or Fork
~ 3 Tablespoons of Cinnamon ~ Liquid Soap
~ 1 Cup of Vegetable Oil
~ 1 Roll of Paper Towels
~ Running Water
~ Measuring Cups & Spoons

Now that you have all of the equipment, you are ready to begin the experiment!



Experiment

- Step 1) **Pour** 1 cup of vegetable oil into the mixing bowl.
Step 2) **Add** 3 tablespoons of cinnamon to the oil and **mix** well with the spoon or fork.
Step 3) **Dip** your hands into the oil mixture and **rub** your hands together.
- Make sure you get enough cinnamon all over your hands.
~ The cinnamon in this experiment will be our "pretend germs."
 - Now you are ready to begin washing your hands. You will wash your hands four (4) times.
 - Don't forget to repeat **step 3** every time you wash.*



- d) Have someone else **turn on** the faucet to *cold*.
- e) **Wash** your hands for **10 seconds** with cold water (no soap) only.
- f) **Turn off** the faucet.
- g) **Dry** your hands with the towel.
- h) **Repeat** step 3.



- Step 4) Have someone else **turn on** the faucet to *cold* again.
- a) **Wash** your hands for **10 seconds** using soap this time.
 - b) **Turn off** the faucet.
 - c) **Dry** your hands with the towel.
 - d) **Repeat** step 3.

- Step 5) Have someone else **turn on** the faucet to *warm*.
- a) **Wash** your hands for **10 seconds** using soap.
 - b) **Turn off** the faucet.
 - c) **Dry** your hands with the towel.
 - d) **Repeat** step 3.



- Step 6) Have someone else **turn on** the faucet to *warm* again.
- a) **Wash** your hands for **20 seconds** using soap.
 - ~ For fun, sing the "ABC song" during this step. It normally takes about 20 seconds to sing the "ABC song" the whole way through.
 - b) **Turn off** the faucet.
 - c) **Dry** your hands with the towel.

Step 7) Once you are done, let someone else do the experiment.

Results

You just finished your very own hand washing experiment! Now it is time to talk about what happened.

- o Which way was best for taking all the cinnamon off?
- o Was it easier to get the cinnamon off when you used soap?

Remember, cinnamon isn't harmful, but you can see the cinnamon if you don't wash your hands properly. Germs are different because they are invisible. You can't see them, so you *must* wash your hands the right way!





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